

**For Immediate Release
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2012 Mayor's Spring Fitness Challenge

Last fall, over 600 Asheboro area residents answered a challenge to start walking. Over the course of two months these participants in the Asheboro Fitness Challenge logged over 40,000 miles. This spring, a new challenge has been issued to motivate residents to get moving. From March 24-May 18 residents are asked to track their mileage as they walk or run. Those combined miles will help Asheboro move along a virtual walk around the world.

A kick-off event will be held in conjunction with The Human Race, which will be held in downtown Asheboro on Saturday, March 24 at 9 a.m. Those unable to attend the kick-off are encouraged to contact Lisa Park in the Asheboro Cultural & Recreation Services office at 336-626-1240 or lpark@ci.asheboro.nc.us to sign-up. Participants may register as individuals or as teams. In addition to their own miles walked, participants are even encouraged to track the mileage of any four-legged walking companions. Each week participants will report their mileage to see how far the community has walked on its course around the world.

"We've really seen a change in Asheboro in the past several months, with people out walking around town pretty much any time of day," said Asheboro Mayor David Smith. "It's been exciting to see, and we're hoping this new challenge inspires even more people to see how doing a simple thing like walking can really change their life."

The Spring Fitness Challenge is a program of the City of Asheboro and A3 – Asheboro: Alive, Active, Able. A3 is a grassroots effort encouraging the Asheboro community to embrace and value a healthy and holistic lifestyle through educations, support and advocacy.

For more information, call 336-626-1240 or visit www.asheboronc.gov.

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